The General Demand

of the Well-Informed of the World has always been for a simple, pleant and efficient liquid laxative remedy of known value; a remedy which physicians can sanction for family use because its component parts are known to them to be wholesome and truly beneficial in effect, acceptable to the system and gently, yet promptly, in action.

To supply that demand with its excellent combination of Syrup of Figs and Elixir of Senna, the California Fig Syrup Co. has long since attained high standing among druggists. Prescribing such remedies is their business.

There are 16 negro banks in Mississippi and they have organized a State association with Booker T. Washington as its president.—Mobile Register.

A young lady says she can always tell how long it will be before one summer attack will overtake her after the first birthday. Her mother's home on the occasion was the scene of a delightful reunion of the whole family.

Such an ideal food is found in Grape-Nuts, made of whole wheat and barley by long baking and action of the active ferments in the barley, which changes the starch into sugar.

The philosopher says, placed up under the bunch of the wheat, we find nuts in Grape-Nuts, but left on the ground in the form of chaff, contributing to the building of brain and nerve cells.

"I have used Grape-Nuts," writes a Texas lady, "for 8 years and now am well and stronger than I was 20 years ago. I am over 74 years old and attend to my business every day.

"Among my customers I meet a man every day who is 92 years old and says that his great health is the use of Grape-Nuts and Postum when he has used for the last 5 years. He just as faithfully follows this rule and says they go fine together.

"For many years before I began to eat Grape-Nuts I could not say that I enjoyed life for what it was, nor be able to say 'I am well.' I suffered greatly with constipation, now my habits are as regular as ever in my life.

"Whenever I make extra effort I depend on Grape-Nuts food and it just fills the bill. I can think and write a great deal easier."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

THE PULPIT.

A SCHOLARLY SUNDAY SERMON BY DR. JOHN F. CARSON.

Subject: Signs of Progress.

Brooklyn, N. Y.—Sunday the Rev. Dr. John F. Carson preached in the Central Presbyterian Church, preached a stirring sermon on "Signs of Progress. The text was from 1 Chronicles 12: 32, "Men that had skill of understanding of the times." Here are some of the signs:

Any student of our age will find in spelling reform a sign of progress, also against crime and righteousness and temperance. Another sign of progress is the fact that the civilized portion of the world there is cremation. There was a time when the dead were buried in the ground, but now they are sent to Senate to the ward caucus; men, with dark, deadly things in our constitutions, but the moral tone and the ethical standard is higher than ever before was, and our black things appear all the blacker when they are viewed in the light of a whiter background. Prohibition is another sign of progress, but a gigantic battle is being waged against them, and it is not yet won, but there are signs that it is not fruitless. There is a perfect flood of the high pangs of a better to-morrow. The light of the new day is breaking in dawn. Its sun is piercing the darkness of midnight and the sun of righteousness is in command. We are living in a period of unparalleled prosperity and freedom. It is well, in a healthful tone, if men are sane on economic questions, but they are not always that sane. In the presence of the investigations suppressions come into the mind and men are tempted to think that all is going to destruction because some men have been proved thieves and rascals. That is a fatal mistake. I am persuaded that there is more honesty in the world to-day than there ever has been. The very investigations that are being conducted to-day are evidence of a finer and higher moral tone than all the heretofore existed.

Finally, I call your attention to the demand for the abolition of such practices as are ungodly and unrighteous. A little while ago that demand was for the abolition of the lottery. A Christian postmaster got the Louisiana lottery out of business. Just now the demand in New York is for the abolition of the race track gambling hells. Turn your attention to the triumphs of the temperance movement. The change of sentiment on the temperance question is one of the most radical that the country has ever known. Twenty years ago the demand for the abolition of the saloon awakened a smile or provoked a sneer. To-day that demand is the fixed purpose of thousands of our fellow citizens and it is being fulfilled. Five States—Maine, Kansas, North Dakota, Oklahoma and Georgia—are now prohibition, and in one more (Alabama) prohibition becomes operative on January 1, 1909. Six States of the Union prohibit the sale or manufacture of intoxicating drinks.

The progress of the temperance movement in the South is one of the most significant and inspiring signs of our times. Two States, Georgia and Alabama, have enacted prohibition laws. Ninety-five per cent. of North Carolina has declared against the saloon. Mississippi has a prohibition Legislature and a prohibition Governor, and ninety per cent. of the State has barred liquor. Tennessee has voted the saloon out of all but four of its seventy-six counties. Arkansas has voted to abolish the saloon in Texas 148 of the 246 counties have voted out the saloon, while fifteen more counties are partially prohibition. Virginia has voted on the question of the State is liquor freely sold. North Carolina almost half the counties have voted no license. In Kentucky seventy-two counties out of 119; in West Virginia thirty out of forty-five, and in Maryland fourteen out of twenty-three prohibit the sale of liquor. Twenty out of twenty-seven millions of people south of the Mason and Dixon line live in liquor territory. There are more drinking saloons legal and illegal in New York than in the whole South.

The temperance movement is taking hold on the North. By a majority of 14,000 out of a total vote of a little over 100,000, the new State of Oklahoma declared for prohibition. Maine, Kansas and North Dakota are enforcing their prohibition laws with new vigor. Two of the three counties in Rhode Island have prohibited the sale of liquor. Seventy-five per cent. of the people of Ohio and Indiana are living in prohibition territory. Prohibition gains fifty-eight of the seventy-five municipal elections in Iowa. The progress of the movement may be traced in the fact that while seventy-one hundred themselves together to form the Anti-Saloon League of America to work except on terms fixed by the saloon, to-day the entire people are rising to their rights, enforce their rights, and secure their rights in spite of political parties. The social world there are wrongs, the social world there are wrongs, but they discount their extravagances in the face of the fact that the moral and spiritual consciousness is awakened as never before to the evils of life in the spirit of unrest and discontent. Safety and laxity of manners in parlor and salon, suffering and sighing in workhouse and prison.

If you tell me that there are unrighteous men who operate gambling of high finance, I would remind you that in the middle ages of the day is so strong that many of these men find it impossible to keep their ill-gotten gains. If you tell me that there is unrighteousness in commercialism, I would remind you that, as never before, there is a demand for the pure of justice and equity in all relations. If you tell me that the rich are constantly extravagant and that the poverty of the poor is appalling, I would remind you that there never has been a time when the money of the rich was so readily at the service of the people as it is to-day through schools, colleges, libraries, homes, hospitals and institutions of mercy and sympathy. Now and when you call my attention to the conditions of people that live in poverty, I would remind you of the time when most people were so. And I would challenge your thought to the fact that there never has been a time when the middle class was as well off as it is to-day. If you call my attention to the degraded condition of the East Side poor, I will call to your mind the report of the Missionary Society for the Poor of New York, issued in 1817, which deplored the occurrence of small boxes, each crowded with from four to twelve families, often two and three families living in a room, and "of all colors." If you tell me of the saloons and brothels that are ruining manhood and womanhood, I would remind you that they are not protected by political influence, I will remind you that when the population of New York was 110,000 there were 2,000 licensed retail liquor dealers and not less than 4000 "abandoned females" added to the vice and misery. Of course, there is more actual sin and wickedness in the world to-day than there ever was in a city of a hundred thousand souls, but I have studied that an honest study of conditions will disclose that New York City is proportionately not as wicked as Sodom to the ward caucus; men, with dark, deadly things in our constitutions, but the moral tone and the ethical standard is higher than ever before was, and our black things appear all the blacker when they are viewed in the light of a whiter background. Prohibition is another sign of progress, but a gigantic battle is being waged against them, and it is not yet won, but there are signs that it is not fruitless. There is a perfect flood of the high pangs of a better to-morrow. The light of the new day is breaking in dawn. Its sun is piercing the darkness of midnight and the sun of righteousness is in command. We are living in a period of unparalleled prosperity and freedom. It is well, in a healthful tone, if men are sane on economic questions, but they are not always that sane. In the presence of the investigations suppressions come into the mind and men are tempted to think that all is going to destruction because some men have been proved thieves and rascals. That is a fatal mistake. I am persuaded that there is more honesty in the world to-day than there ever has been. The very investigations that are being conducted to-day are evidence of a finer and higher moral tone than all the heretofore existed.

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THE SUNDAY SCHOOL.

INTERNATIONAL LESSON COMMENTS FOR MARCH 29.

Temperance Lesson, Proverbs 23:29-35—Golden Text, Proverbs 23:32—Commit Verse 31—Commentary.

TIME.—All times. PLACE.—Everywhere.

EXPOSITION.—I. Six Great Evils That Result From Indulgence in Wine, 29, 30. Solomon here gives us a very vivid picture of six evils that result from indulgence in wine. Centuries have passed since Solomon's day, but it is as true in our day as it was in his that these evils pursue the wine-bibber. Note them carefully. (1) "Woe," literally, "Oh!" i. e., the intense pain that leads one to cry "Oh." How many "Ohs" are wafted to-day from the lips of men and women whose bodies are tortured with the many ills that arise from the use of alcoholic stimulants. I can see still the man that I once carried back by through the streets of a city shrieking "Oh, oh, oh," in insufferable agony from drink, and I see him also as I held him down with me upon his chest as they strapped him in the straight jacket. (2) "Sorrow, literally, "A cutting." The deep seated and abiding grief that comes into the life of the drunkard. This sorrow of the drunkard is of many kinds. There is the sorrow of hunger, the sorrow of seeing loved wife and children reduced from plenty to poverty. Sometimes it is the sorrow of being passed upon by the stern unsympathy of old-time friends and associates. Sometimes it is the sorrow of standing by the grave of the once beautiful and happy wife who has been killed by a broken heart over her loved one's degradation. (3) "Contentions." Contentions at home, contentions in society, contentions in the church, and endless contentions on the street. Alcohol numbers many of the fights in the world. If a man wants a perpetual fuss let him "look upon the wine cup" (R. V.). Wine inflames the stomach and brain, and this inverses and thereby spoils the disposition. The drinker quarrels with his wife, abuses and grumbles in miserable under any circumstances. (4) "Babbling," and entirely unnecessary wounds that are given through drink. (4) "Redness of eyes." The sign of discomposed brain. (5) "Wounds without cause," unnecessary and needless injury. Note that these things come "they that tarry long at the wine," "they that go to seek mixed drink." Note that these things come not necessarily from the use of pure distilled liquors. "I know, of course, that there is danger in a whisky man and a gin and such things," many say to me, "but what harm is there in wine?" Will Wine Attitude Toward Wine, 31. "Look not thou upon the wine." Do not even look upon it with a vengeance. Not only "look" but "look" "good." That is, with favorable advice, inspired advice. If a thing is right to look upon, it is right to look utterly. There are many who do not look at wine, but they go long and look at the sin. That look is fatal. Eve first looked, then she took of the fruit, then she died (Gen. 3:6). Many a man has looked and taken the same path to a drunkard's hell. "When it is red," literally, "when it shall become red." It is good when it is red, "when it sparkles in the cup." It is good when it "moves itself aright." It is good when it "goes down sweetly." It is good when it "biteth like a serpent and stingeth like an adder." But most of the trains on a railroad are directed, as if it will, and you get on the train you are not likely to get off until the end of the line.

V. The Wine Drinker's Eyes and Heart, 33. "Thine eyes shall behold strange things." Yes, they shall, they shall. They shall see things out of all proportion. They will see things double, they shall see snakes and monstrosities. A man who has drunk man has perverted vision, physical, mental, moral. The eyes of the person and wisdom looks like the eyes of a man who has taken a dose of loco weed. The eyes of the drunkard is of many kinds. There is the eye of the drunkard is of many kinds. There is the eye of the drunkard is of many kinds. There is the eye